



# PUBLIC SCHOOLS OF NORTH CAROLINA

DEPARTMENT OF PUBLIC INSTRUCTION | Mark Johnson, *Superintendent of Public Instruction*

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## Memorandum

**TO:** Directors, Exceptional Children Program  
Lead Administrator, Charter Schools

**FROM:** William J. Hussey, Director *WJH*  
Exceptional Children Director

**DATE:** January 9, 2018

**RE:** **Mindfulness in the Schools – Technical Assistance Webinar**

*Memo recipients are encouraged to distribute to all relevant directors, educators and specialized instructional support staff interested in this topic.*

The concept of mindfulness has grown exponentially in popularity over the past five years; however, there is a range of variability in understanding what it is and how to effectively incorporate it in a school setting. The NC DPI Exceptional Children Division is pleased to offer a technical assistance webinar on mindfulness to support effective practice in NC public schools.

### Webinar details:

**DATE:** Monday, February 5, 2018

**TIME:** 11:00am-12:30pm

Areas addressed:

- Overview of Mindfulness
- Existing Research
- Implementing Mindfulness Practices
- Relevant Resources
- Next Steps

A Q&A will be included as part of this pre-recorded webinar. **Deadline for registration and question submission is January 19, 2018.** Participants may register/submit questions via the following link: <https://attendee.gotowebinar.com/register/7746149965523246851>

There will be 0.15 CEU credits awarded to webinar participants following successful submission of the post-webinar evaluation.

Questions regarding the webinar may be directed to:

Lynn Makor, Consultant for School Psychology [lynn.makor@cidd.unc.edu](mailto:lynn.makor@cidd.unc.edu)/919-843-7049

WJH/DM/LM

## EXCEPTIONAL CHILDREN DIVISION

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